





























# ZUMUB WORKOUT PLAN FOR MUSCLE DEFINITION

**GOAL: DEFINITION**

**LEVEL: INTERMEDIATE**



















DAY	PART OF THE BODY		EXERCISE		SETS	REPETITIONS
MONDAY				Cardio – 10 minutes on the treadmill with low intensity		
		Chest		Bench Chest Press	Superset #1 3x	10
		Back		Pull-ups	3x	AMRAP*
		Chest		Dumbbell Incline Flyes	Superset #2 3x	10
		Back		Low row	3x	10
		Chest		Dumbbell Pullover	Superset #3 3x	15
		Back		Pull Down	3x	15
		Core		Fit Ball Plank	3x	30s-1min
TUESDAY				Fit Ball Back Extension	3x	30s-1min
				Cardio – HIIT Training – 15 minutes: 45s Skipping and 30s resting		
	RESTDAY					
				Cardio – 10 minutes on the stationary bicycle		
		Biceps		EZ-Bar Curl	Superset #1 3x	10
		Triceps		Triceps Pushdown	3x	10
		Biceps		Alternate Incline Dumbbell Curl	Superset #2 3x each arm	10
		Triceps		Dumbbell Triceps Extension	3x	10



# ZUMUB WORKOUT PLAN FOR MUSCLE DEFINITION

**GOAL: GAIN MUSCLE MASS**

**LEVEL: INTERMEDIATE**

DAY	PART OF THE BODY		EXERCISE		SETS	REPETITIONS
		Biceps		Dumbbell Alternate Bicep Curl	Superset #3 3x each arm	10
		Triceps		Tricep Dumbbell Kickback	3x each arm	10
		Core		Side Plank	3x each side	30s-1min
				Cardio – HIIT Training – 15 minutes: 45s doing Mountain Climbers and 30s resting		
THURSDAY	RESTDAY					
FRIDAY				Cardio – 15 minutes on the stepper or on the elliptical machine with low-moderate intensity		
		Legs		Leg Press	Superset #1 3x	10
				Deadlift	3x	10
		Legs		Leg Extension	Superset #2 3x	10
				Leg Curl	3x	10
		Shoulders		Barbell Shoulder Press	Superset #3 3x	10
				Upright Barbell Row	3x	10
				Cardio – HIIT Training – 15 minutes: 45s doing Squat jumps and 30s resting		
SATURDAY	RESTDAY					
SUNDAY	Do some cardio. For example: 15 minutes jumping rope. Alternate between 30s fast and 30s rest					
Obsvs.	Superset: one set of the first exercise and a set of the next one until finishing the prescribed sets (without rest time). Rest at the end of the superset: 2 minutes Rest time (for the exercises with no supersets): Between sets: 1 minute Between repetitions: 30 seconds to 1minute					

\*As many repetitions as possible